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ENQUIRY

INTO THE

CAUSES

Of the PRESENT

Epidemical Diseases,

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FEVERS,
COUGHS,
ASTHMA'S,

RHEUMATISMS,
DEFLUXIONS,
&c.

WITH

Proper METHODS for the Speedy
CURE of them.

By the AUTHOR of
The FAMILY COMPANION for HEALTH.


L O N D O N:

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TO THE
READER.

HE present Insalubrity of the Air is universal, and has continued excessively unwholsome for some Years past: We travel from Summer to Winter, and from Spring to Autumn in less than the Space of a natural Day; our Pores and Juices cannot hold out against such Changes, they must also be alter'd very eminently; for if one Part of the Day relaxes our Fibres unusually, the other gives them a quite contrary Quality, and braces them up too high; one Part of the Day causes a Retention of the Effluvia, whilst another exhales them too much; so that whatever State both were found in the Evening, they are under very different Circumstances in the Morning: How far the Fibres and Juices then may be vitiated, is not in the Power of Art to determine; we may, in general, affirm, what Experience teaches, namely,
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TO the READER.

that we must unavoidably be seiz'd with Diseases of an ill Character for the present, and for some Time to come; because our natural Juices may be highly vitiated; Exhalations should follow Repairs; but if we repair daily, and lose nothing, our Secretions will be hurt, and Nature overwhelm'd: Secretions retain'd do always produce strange Commotions within us; let us take a View of Persons under a Retention of Urine; how thirsty do they grow, how do they loath every thing, how giddy, how convuls'd; and how urinous do they smell? In Suppressions of the Menstrual Flux, what Pains, what Bleedings from other Parts, what Eruptions, what Fevers, what Faintings, what Difficulties of Breathing, what hysteric Symptoms do they not labour under? In an Obstruction of the Gall into the Guts, what Fluxes, what Vomitings, what Inflations, and how many other Symptoms do they struggle under? Nay, in a preternatural but customary Secretion of Lympha into the Lungs in asthmatick Persons, how smoothly do they spin out their Days, whilst they spit up their Phlegm with Ease, and in large Quantities? but on the contrary, How hardly do they fare in frosty or foggy Weather? they fall into Inflammations and choaking Catarrhs, as all know: In such changeable Weather therefore, as we have had of late, where Moisture and Exotick Salts have play'd their Part, nothing but Diseases, retaining especially to the Fever-kind, must attend us.



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E N Q U I R Y

Into the C A U S E S of the Present

Epidemical Diseases.



S Mankind, and all Animals, have occasion to draw in the Air into their Lungs to maintain the Circulation, because without this Mechanism Life would cease, it is certain that we can't live without its Assistance: This appears evidently from the Faintings, and the Spittings of Blood, that attend those who mount too high into the Air, by climbing up Mountains. But this depends only upon one Property of the Air, namely, its Weight; there are many other Properties, which depend upon Particles of different Natures floating in the airy *Medium*; and to convince us of this Truth, we need only reflect upon the Effects that the Air, so stock'd,

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produces upon Bodies expos'd to its Contact, by which we are demonstratively led into the Nature of its Qualities ; and that I may give you one Example for all, I shall observe to you, what has been related to me by a Gentleman well known to the World for his Skill in his Profession ; to wit, He had observ'd of late, that his Papers which were expos'd to a North-East Window, and which were written with good Ink, were half obliterated, so that he had a very great Difficulty to read them ; from whence he concluded, that the nitrous Spirit of the Air, dissolv'd in the watry Particles, in which they were made to float, had prey'd upon the Vitriol, and had render'd the Ink very nearly invisible : We all know this common Effect of Spirit of Nitre on inky Particles, and we are as well convinc'd from the *Nitrum Murale* that a nitrous Spirit reigns always in the Air ; but that it should have this Effect now, more than at common Seasons, remains to be explain'd.

Whenever the Summers are hot, the Sun Beams exhaling the watry Parts out of the Air, and making it dry, the nitrous Spirit is made purer thereby, and it is then capable of producing Eruptions and Scales upon our Bodies, and of precipitating Vitriols out of Liquors : This Spirit being drawn into the Lungs, excoriates or twitches them, and being swallow'd down with our Spittle, causes Hunger, Pains at Stomach, as also Coagulations, and even at length a Dissolution of the

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Crassamentum of the Blood : If the Air be again fill'd with Vapours, whilst this floating Spirit is so pure, the external Surface of the Lungs are twitch'd, and the Pores are choak'd up, so that the Perspiration is highly endanger'd : Such an Air, by the nitro-sulphureous Parts in it, is justly reputed a *Mephitis*, if they mount no higher than the Surface of the Earth. These *Damps* produce Fevers, Asthma's, Catarrhs, Catarrhal Fevers, and Rheumatisms.

Let us consider how far this is our present Case, where the City of *London*, as well as *Bath*, and even Foreign Parts, have been on a sudden seiz'd so universally with the Disorders above-nam'd : We have for some time past dwelt in *Fogs* ; our Air has been hazy, our Streets loaden with Rain, and our Bodies surrounded with Water ; those Clouds which used to be lifted on high, and sent down in Rains, have taken up their Abode on the Surface of the Earth, even to the Height of half a Mile ; and if we breathe Fogs, we must necessarily be affected in the Manner we have been for this Month past.

I shall as briefly as I can enter into a short Narrative of our reigning Disorders, and shew my Readers the Rise and Progress of what has befallen us, as far as I have had Opportunity to observe, either from my own Practice, or that of my Brethren of the Profession, as well as from the lower Tribe of the Profession, to whose Share a much greater Part

fell, because their Disorder was trifling, and easy enough to be compass'd by them.

Some were seiz'd with a sudden Pain in their Heads, or a Heaviness and Drowsiness, and anon their Noses began to run ; they cough'd or wheez'd, and grew hoarse ; they felt an Oppression and Load on their Breasts, turn'd vapourish, either because they apprehended ill Consequences, or because their Spirits were oppress'd with a Load of Humours ; their Pulse was generally quicker than usual ; they grew thirsty, and giddy, or lost their Appetites : Others were seiz'd with Pains across their Breasts, resembling pleuritick Pains ; and some by Neglect were thrown into true Pleurisies. So many different Symptoms attend this New Disease, that a Volume would not suffice to describe them ; I shall therefore descend to some few Particulars, and shew you their Causes, and Cures.

First, *A Catarrh* is the commonest Attendant on this Constitution of the Air. The arterial Secretions and Distributions are of the greatest Moment in human Bodies : The Arteries distribute the Blood to all the Parts for Nourishment ; they are the sole Occasion of Secretions every where ; insomuch, that it may justly be call'd in question, whether the *Vena Porta* has any other Office in the Liver, than to transmit the Blood from itself into the *Cava* by Inosculation, and that the Work of Secretion is perform'd by the Arteries only :

only : I am not at Leisure to determine a Dispute that is foreign to my Purpose, and therefore I shall pass on to explain the Nature of Catarrhs.

As to the Etymology of the Word Catarrh, it barely denotes a Defluxion, without having its Meaning confin'd to any one in particular ; so a Defluxion of Rheum upon the Nose, is a Catarrh ; or upon the Lungs, is a Catarrh ; or Rheum running from the Eyes, is a Catarrh ; or a Heaviness of the Head, is a Catarrh, when it is brought on by Cold, or Inclemency of the Air.

We are to consider Four Things in all Sorts of Defluxions : First, We must take a View of the Matter that flows forth. Secondly, We are to have a Regard to the Part from whence this Matter originally flows. Thirdly, We are to consider what is the Cause of this extraordinary and preternatural Secretion. And lastly, We must take a View of the Part into which the Secretion flows. All these are necessary to be consider'd, in order to illustrate a Catarrh, and its Nature ; of all which in proper Order.

That the Matter which flows is a serous and phlegmatick Humour, secreted thro' the Glands from the Blood, is evident from the Definition commonly given of a Catarrh ; namely, that a Catarrh is a flowing down of serous, phlegmatick, or lymphatick Humours upon the Parts from catching of Cold : However, according to the various Constitution of the

the Parts compounding the Blood, whether in Quantity or in Quality, Catarrhs differ extremely from each other.

The Quantity of the Defluxion, is determinable from the Quantity of Humours in the Body ; for in Persons of a full Habit, the Defluxion is generally copious, and such full People are, for the most Part, long and violently afflicted in Defluxions ; this they owe to a sedentary and unactive Life, and to their Feeding, but especially to their drinking large Quantities of Liquors ; their Vessels are fill'd at all Times with a Load of Humours, and the least Stoppage of Perspiration stretches them ; so that where-ever the Motion of the Blood is determin'd to run to any Part, that Motion is doubly hurry'd on by the Quantity of Humours in the Vessels : And this is the Reason why plump and full People are generally dangerously seiz'd, whenever they sicken.

As to the Qualities of the Humours, there is a vast Difference : The Blood in some People is of a glutinous and gross Nature ; in others it is thin and watry, according to the Cacochymy that reigns in them ; in others it is so saline, sharp, and acrimonious, that it scorches, and even exulcerates the Parts to which it flows ; for acrimonious Salts do often reign in the Vessels of such as live upon hot and warm Diet and Liquors ; in others again it is so watry and insipid, that what is secreted has no manner of Taste at all ; in others again
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the secreted Matter is so bitter, that if it be secreted into the Stomach, it raises a continual Vomiting : Now all these Tastes in the Secretions depend upon various Mixtures in the Diet, digested by Motion and the Circulation into such a peculiar Tincture, and giving such different Tastes : The flowing Matter also puts on various Colours ; for sometimes it is white, at other times brown, green, yellow, or black ; all which Colours do fairly denote various Mixtures of Salts, as will appear to any who considers, that all Colours whatever are found to depend upon the various Mixtures of Salts and Sulphurs artfully combin'd : Do we not see that a Decoction of Roses with Sugar of Lead is turn'd into a Green, and with Oil of Vitriol into a Red ? Are we not sure that Inks of various Colours are made by Salts and Sulphurs variously combin'd ? In like Manner are the Humours of our Bodies variously ting'd, according to the Variety of Mixtures in them.

Having consider'd the flowing Matter, we will, in the next Place, take a View of the Part from whence these Humours begin their Scene of Action : If it flows from the Nostrils, the *Membrana Pituitaria* of *Schneider*, which covers certain Glands, is the immediate Flood-gate from whence this Matter flows, as all Anatomists know ; and it is evident that these Glands, and this Membrane, are the Seat of such a Defluxion, because it is observ'd all over us, that where-ever Glands are plac'd, there

there the Parts are kept moist, by being water'd by them ; so the Eyes, for Example, could not move, if they were not moisten'd ; and they would not be moisten'd, if there were no Glands plac'd in them : This Humour, which is secreted naturally by a Catarrh or Defluxion, increases to such a Degree, that the Glands overflow, and afford a large Quantity of Matter, which is call'd, *A Defluxion*.

This peculiar Defluxion is prov'd to depend on such a Secretion, from all the Symptoms that accompany it : It is further confirm'd from the Texture of the *Os Ethmoides*, and its investing Membrane interspers'd with nervous Filaments, which give Sense to the Part, and make it therefore feel that Irritation of the Matter, and tremble at each Irritation, and increase the Secretion. The antient Opinions, that such Secretions were made from the Brain and its Ventricles, have no Foundation of Truth in them ; because it is now well known, that the Circulation from the Ventricles is made into the Jugulars, and not into the Nostriils or Palate ; that Circulation is made from the Heart to the Arteries, and from thence into the Glands, and into the Nostriils and Palate.

Moreover, they who have dy'd of Distempers of the Head, and where they were troubled with Defluxions also, always have the Glands of the Nostriils and Palate more distended, than they are by Nature observ'd

to be ; Phlegm is remark'd to lodge congeal'd in them, and the Blood-Vessels behind these Glands are observ'd to be turgid with Blood ; which evidently shews us, that the Secretion was made from them, and not from the Ventricles, because nothing more than usual is observ'd in them, unless the Defluxion was every where ; so that altho' the *Plexus* of the Brain have been seen much distended in Defluxions after Death, from an Excess of Humours stopping there, or from some other Cause ; yet this can only be affirm'd, when the Head has been the Seat of the Disorder also ; for in common Catarrhs it is not so, those Vessels only are loaden and tumefy'd, into which the Secretions are made.

Our next Consideration must be on the Causes of these Defluxions, which I shall divide into the immediate and mediate. The immediate Cause of Defluxions is the Constitution of the Glands, which is prejudic'd by the Naturals and Non-naturals ; they are relax'd ; the Matter is therefore receiv'd more plentifully into them, and the Matter afforded runs off plentifully ; and when this is the Case all over us, it cannot be wonder'd at, that so many, and so grievous Disorders should accompany such a general Relaxation, namely, that the Humours should flow forth so plentifully as they are observ'd to do ; how common is it for most Persons to sweat in moist Weather upon the least Exercise ? and the Reason is very evident ; for the Glands of the

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Skin lose their Tone, and therefore resist the Weight of the Humours less than in a natural State; the Heart retaining its usual Force, the Blood and Humours are press'd forward in the same Manner, but are receiv'd in a different one; that is, the Glands being much weaken'd by the Haziness of the Weather, receive more, and secrete more; and hence these Sweats, hence these Defluxions, and many other Disorders.

As for the near mediate Causes, I cannot help esteeming an Obstruction to be one main Cause in all Defluxions; for, according to *Hippocrates*, where-ever the Flesh is fuller than usual, it refuses some Humours, which therefore flow, because they can't be receiv'd; that is, when the Heart sends the Blood too quickly forward, the Parts are crowded, they are not capable of being distended so much on a sudden, wherefore is then a Stop put to the Circulation, and what is not remanded, is thrown forth; and in particular, where-ever the Defluxion is bent towards a Part expos'd to the open Air, as it is in the Palate, Nostrils, and Lungs, there is superadded a Coagulation on the Openings, or at least on the narrow Extremities of the Vessels; so that upon a double Cause the Blood is congeal'd and obstructed, which is what I have contended for: Hence, when the Lungs especially are affected with a Defluxion, there is first a Relaxation on the Glands, an Obstruction of the Circulation, and lastly a Coagulation of Humours

to be contested with ; of which Particulars more anon.

As for the remoter Causes, which are productive of Phlegm and Serum, or of the other States accompanying Catarrhs, I shall now descend to them. The cool, serous, and phlegmattick States are great Promoters of Defluxions ; in like manner old Age is subject to Catarrhs, and some are by Inheritance subject to this Disease, as *Hippocrates* observes, to wit, “ Some Peoples Nostrils, *says he*, are
 “ moist by Nature ; others get them by pre-
 “ ceding Diseases, by travelling in moist and
 “ hazy Weather ; and others make themselves
 “ subject to them by studying after Supper : ”
 Besides many other Causes introduce it, which I have no Leisure to mention.

The Air, as I have hinted above, is one of the chief Causes of Defluxions, more particularly the Winter Season, and this is the commonest Occasion that we experience every Winter ; but at present the Air is loaden with Damps, that is, with Moisture and acrimonious Steams ; these Steams surround us, the Air loses its Weight, and becomes unfit for Respiration, and in the mean while is so sharp, as to irritate the Lungs into Coughs, and this being the universal Complaint, the Air must be universally tainted : Our Pores are relax'd and irritated ; our Lungs are render'd flabby, and are twitch'd ; we are every Day swallowing these noxious Particles into our Stomachs,

and consequently into our Blood and Juices, so that our whole OEconomy is deprav'd and vitiated; for the Fibres are for the most Part but secundarily affected, the Juices that circulate in them communicate their Properties to them, and we amend them by correcting and altering the Blood: For Example; if the Fibres are too much relax'd, we administer Chalybeats, till the Blood is put into such a Degree of Motion, as to evaporate the superfluous Humidities contain'd; after which the Fibres grow stronger, resume their pristine Tone, and become again contractile, from being inactive, and from being so doughy, as to remain pitted after Pressure, and to retain any Impresson given them: From this relaxing and irritating Property we owe great Disorders, of which more anon.

The present Season is such as *Hippocrates* observes to be the Cause of *fatal Catarrhs*: * *But if, says he, the Winter be southerly, rainy, and warm, old Men are seiz'd with fatal Catarrhs.* And again, † *If the Spring be dry and northerly, the Autumn on the contrary be rainy and southerly, great Head-achs happen in Winter, and Coughs, and Hoarsenesses, and Heavinesses, and to some Consumptions: And the*

* Ην δὲ νοτίῳ ὁ χειμὼν καὶ ἐπομβρῶς καὶ ἔνδιῳ γένῃ — τοῖσι
ᾧ πρεσβυτέριστι κατάρροι συντόμως ἀπολλύσιντες. Aph. 12. Sect. 3.

† Ην ὅ τὸ θεῖον αὐχμηρὸν καὶ βόρεον γέννῃται τὸ ὅ φθινόπωρον
ἐπομβρὸν καὶ νότον κεραλαλγίαι ἐς τὸν χειμῶνα γίνονται, καὶ βῆχες καὶ
βρόγχοι, καὶ κόρυζαι, ἐνίοις ὅ καὶ φθίσεις. Aph. 13. Sect. 3.

Reason of all this is compriz'd in this, that the Air relaxes by its Moisture, but gives Irritation by its Salts that are dissolv'd in the Moisture, and put into Action thereby : If therefore this be the Constitution of the Air, and this be universal, all, or such as are too weak to resist it, will be seiz'd, and thus Disorders become *Epidemical*.

An assisting Cause of Infection is the Diet we have taken and liv'd upon for some time before ; for they who have eat Fruit plentifully, and have drank cooling Liquors, are the most likely Persons to be seiz'd with Catarrhs, because the very Essence of Defluxions is in their Vessels, to wit, Phlegm and Acrimony ; the one will irritate, and the other Part affords Matter for the Defluxions.

There are many other Causes of Catarrhs, the mention of which I shall supersede, being, in this short Discourse, inclin'd to treat only of the Reason of our sudden Seizure at present.

Lastly, I am to consider the Parts that are apt to receive this Matter : If it flows thro' the Nostrils, it is call'd *Coryza* ; if into the *Aspera Arteria*, or the *Larynx*, it is call'd *Branchos* ; which, when the Lungs are tickled to a frequent and forcible Expiration, is call'd a *Cough* ; and if it enters the Lungs very violently, it causes a *Choaking Catarrh* ; which happens after two Ways : The first, a Defluxion comes suddenly on, and redoubles the Disease, as may be seen in asthmatick People, who,

who, as soon as one Defluxion is carry'd off by Art, another succeeds from the minuteſt Cauſes, and to ſuch a Degree, as to ſuffocate the Patient even in an Hour's Time ; and this is that Nature of Catarrhs, which *Hippocrates* calls *ſo fatal* †. No one, ever ſo little verſ'd in Practice, but muſt have experienc'd this fatal Occaſion ; they whom we left in a tolerable Condition over Night, have been found dead next Morning, notwithstanding the niceſt Proviſions made for Recovery : This Redoubling is, properly ſpeaking, a Sort of Inflammation ; the Blood on a ſudden rarefies, their Pulſes are augmented in Quickneſs and Space, the Veſſels, croud'd with Tubercles and Swellings, are incapable of transmitting the Quantity brought to them, for they can't be further enlarg'd, becauſe they are render'd rigid and ſtark with theſe Swellings ; and thus the Circulation is embargo'd, and the Patients are choak'd beyond the Hopes of Relief : If this Acceſſion or Return of the Catarrh be occaſion'd from a ſlighter Cauſe, namely, from the Perſpiration being check'd, and from this perſpirable Matter turn'd inwards, and the Lungs are free from all the aforemention'd Impediments and Swellings, a thin Matter is ſpued out from the Lungs, and they are continually tickled into a ſhort Cough, and a thin Matter is with Difficulty ſpit up ;

† Συντόμως ἀπολλύοντες.

then the Causes of this Accident being well known, and being very simple, the Remedy is much more easily compass'd, from the Slightness of its Causes : Causes are necessarily to be known, both for the Sake of Prognostication, and for the Sake of the Cure. The ingenious Dr. *Sydenham* betrays himself and others most egregiously in this nice Point : Whilst you would think he is an utter Enemy to the Investigation of the Causes of Diseases, and would seem to fix his Glory upon a Specifick Method, and to render it perpetual, he is only tacitly confessing, that he has found out, by Chance, a proper Remedy for the Ailment he undertakes : He gropes out a Cure in a Quarter of a Century, which was known better before he attempted it than he leaves it ; he forsakes the old Measures with Contempt, which he glories in Twenty Years after, without seeming to know his Method ever was attempted ; wretched and fatal Experience to his Patients !

Whether there are no other Causes of the present Catarrh, especially when they prove so suddenly fatal, I shan't dispute ; however, as such Cases have happen'd heretofore, that all who dy'd of Epidemical Catarrhs, have been found to have *Polypus's* in their Hearts ; if the present Constitution of the Air is so corroding, or at least coagulating, as to erase Ink, and cause Stagnations, I think it will stand as a Voucher, that such may sometimes be the Case : That the first has been the Case
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in some Catarrhs, *Bartholine*, in his 86th *Epistle* and 2d *Century*, affirms, from *Kirstenius*, *That all who dy'd of that Catarrh, labour'd under a Polypus in the Heart, hindering the Circulation of the Blood through the Body.* Now altho' I shan't dispute whether this *Polypus* was of an instantaneous or sudden Growth, or had been of a long standing ; yet this we are sure of, that polypous Concretions may be produc'd in an Instant in our Blood, by Particles congenial to those in the Air : And if *Bartholine* affirms this to have been the Case then, why may it not be the same with us ? Where this is the Case with Brandy-Drinkers, there can be no Wonder that such Persons should die when they are seiz'd, unless quick Relief is at Hand ; because any Distention whatever will cause a Stagnation, any Concretion causes a Stagnation in the Point of its Residence ; but if the Vessels are stretch'd above this Concretion, they are straiten'd over this congeal'd Blood or Cake, and all the Passage in such a Supposition is stopp'd at once : 'Tis the Nature of any Vessel to grow shorter as well as straiter, where it is stretch'd in Breadth ; and, *vice versa*, to grow narrower, as it is stretch'd into Length ; and hence a concreted Matter, which is so small as to admit of a Passage of the Blood in a natural State thro' the Vessels, will, in a Distention of these Vessels, become a Bar to the Circulation : Hence they who are asthmatick Persons, whilst their Juices are under a moderate

moderate Degree of Motion, do pass their Lives tolerably easy, and eat, drink, sleep, or exercise nearly as other well-constituted Bodies do ; but as soon as any dampy or foggy Weather renders the Air lighter, or any excessive Heats add Motion to their Juices, and quicken their Circulation, what Effects do we not see they make to rid themselves of this Incumbrance ? The Vessels are, on either Occasion, put into such frequent Pulsations, the Juices thro' the whole System are so hasten'd in their Circle, and their Lungs feel so oppress'd with a Load, that nothing, save suitable Discharges and specifick Refrigerants, can give them any Relief, if all this will do ; because, where this alone is not the whole Complaint, they are to be given up, as Men overwhelm'd and oppress'd even unto Death.

Amongst the Parts on which Catarrhs seize, all other Parts may be compriz'd ; for there is not any one Member, any one Gland, or any Muscle, that can be free from the Attack ; so that what raises a Running at Nose, may occasion a Cough, a Fever, a Rheumatism, a Pleurisy, a Gout, or any other Disease ; for Humours curb'd in their Career, will find some other Passage for themselves ; so that if the Perspiration be lessen'd thro' the Pores, it will exert its Force upon some other Part ; or if the Pores exceed in their Secretions, other Parts, being robb'd of their Due, will suffer : A Disorder suitable to the Cause will ensue : For Example ; if warm, moist Weather re-

laxes the Glands of the Skin, and if the Perspiration turns into Sweat thereby, this Waste and Expence will be the Cause of another Expence; and it will be no Wonder if such Persons grow fainty, thin, and weak: An easy Experiment proves this to be true; for where Persons of weak Constitutions are commanded to wear Flannel Shirts next to their Skins, this so weakens them, as to be ready to faint and die away in a very short Space of Time; and as to the other Cause, namely, the Stoppage of the Perspiration, where-ever that is highly diminish'd, other Secretions are increas'd, or the Quantity retain'd is deposited somewhere, and causes various Symptoms, too numerous to be recounted in this Pamphlet.

Having thus given my Readers a cursory View of the Causes, whether common or particular, of Catarrhs, and of the Parts affected thereby, it remains to pass on to the various Symptoms produc'd by them, which I shall do with all the Brevity possible.

As for the general Symptoms, I shall first make mention of the Heaviness of the Head, especially seizing the Forehead, arising from a Load of Juices some way heap'd up there: Loads are as certain Signs of Fulness, as Vacuities of an atrophious Cause; the Load therefore is perceiv'd, either because the Perspiration is lessen'd, and the Vessels are in Proportion more distended here than elsewhere, from the Bent of the Humours some how
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more determin'd in their Course hither, and deposited ſo as to cauſe ſome Degree of Stagnation, and perhaps of Inflammation, and this Quantity perceiv'd, cauſes this Heavineſs and Drowſineſs ; or if the Perſpiration is increas'd beyond what is natural, the Head will be depriv'd of Spirits, and the Nerves, being ſhrunk in their Dimenſions for want of Spirits to moiſten and move them, will grow unactive, the Veſſels running near them will be ſhut up, the Fluids will ſtagnate there, and cauſe a Load, which perceiv'd, will alſo produce a Heavineſs and a Drowſineſs, and Symptoms will enſue of a Nature ſuitable to the Cauſes that produce them : From either Cauſe, a Stupidity, a Propenſity to Reſt, a Sleepineſs, and a Noiſe in the Ears, are perceiv'd ; and if there be any Acrimony in the Humours, the Secretion of them into the Noſtrils eaſily betrays it ; for then ſuch People ſneeze much, and violently, and the ſame Sharpneſs does alſo ſhew itſelf by the running of a ſharp and corroding Water from the Eyes in Tears ; and generally they who have ſuch common Catarrhs, loſe their Smell and Taſte, becauſe a Quantity of Humours comprefſes ; and if the Nerves of the Mouth and Noſtrils are preſs'd too much upon, they can't perform their Offices well ; and in ſuch a Compulſion, the Smell and Taſte are either diminifh'd, or quite abolifh'd for a while, or during the De-fluxion.

The Humour that flows is thin at the Beginning, in Process of Time it thickens, and according to the Quantity that issues out, the Persons afflicted are weaken'd; The Reason of all which is manifest to those who take a serious View of the Matter; for all the Humours, being convey'd from the Serum of the Blood to the Glands, and secreted thro' them, are as thin as their original Liquor from whence they flow, and are indeed the same: Hence at beginning such Rheums are tickling, and thin, and not easy to be brought up by Expectoration; but in a small Time, the Matter being thrown out of the Laws of Circulation, clings somewhere, and being expos'd to the Air, grows thick and sharp; by its Salts it tickles the Membrane of the Lungs, and by its Bulk and Consistence it is shook off, and comes up: This Condition of the Phlegm, when the Defluxion abates, is call'd the Concoction of the Catarrh, and it betokens, that the Defluxion is almost over; and, in Fact, after this State of a Catarrh we generally grow well, unless we graft one Cold upon another, for then we are to run over the whole Circle again in the same Manner, if not a worse than before: It is in these repeated Colds and Defluxions that Patients are highly fatigued, their Blood is weaken'd, their Spirits are evaporated, and a Weariness and Dispiritedness ensues: It may be wonder'd how a Translation of a Discharge, not larger than Nature would have made by another Outlet, should weaken so much,

much, when if it had been carry'd off by its natural Passage, no Weakness at all would have ensued ; but, on the contrary, the Patient would have been more vigorous and strong ! Of this I will give you an Example ; a Patient upon a Stoppage of his Perspiration falls into a Flux ; the Amount of Matter in this Distemper, may not be greater than the *Perspirabile* would have been in the same Time ; and yet one or two Stools, not amounting to half a Pound, weakens more considerably, than the same Quantity of Matter thrown off by the Pores ; nay, the Patient after the latter, would find himself strong and chearful : The Reason of all which appears to be this, namely, when-ever any Retention happens, there arises a Commotion or Hurry in the Blood ; this Tumult exagitates the Mass of Humours, and those Particles which are virtually Spirits, or such in Power, being contain'd in the Globules, are rush'd against each other and broken, and readily evaporated ; in this, or the like Manner, the Root of the Animal Spirits is cut off, for those elastick Parts which reside in the Blood, and would produce them in any after-time, are gone and destroy'd ; and thus a Weakness always attends any preternatural Suppression, and where such a Suppression follows a corrosive Blood, an additional Weakness is given to an habitual one ; for they whose Juices are greatly sour'd, have generally the Misfortune of being subject to extemporary Failures of Spirits, be-
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cause ſuch an Acrimony corrodes the Globules of the whole Maſs, and lets out their airy, ſpirituous, and elaſtick Parts, ſo that few Spirits can be bred from ſuch a State of Blood: Such Perſons, for this Reaſon, are very ſubject to *Vapours*; they are, upon the leaſt Fatigue or Emotion of Mind, diſpirited, and flag upon every Emergency, wherefore Deſluxions do always weaken ſuch Patients in a high Degree.

If this Catarrh depoſites its Matter upon the Noſe, it very often cauſes dangerous Symptoms; for if the Humour be ſharp and corroſive, the Noſe will become red and ſwell'd, a Heat and a ſharp Pain will be felt, and if the Patient ſhould either poſtponè the Cure, or quite neglect it, Blood will at laſt be extravas'd, and an Abſceſs will be the laſt Conſequence; if this Abſceſs be internal, we call it an *Ozæna*, when the Humour is very corroſive, and it preys upon the Wings of the Noſe and the Palate: And that this is the Caſe often, without any venereal Taint, will appear to any Perſon converſant in Hiſtories, and Obſervations of Phyſick; but if this extreme Evil ſhould not happen, at leaſt the Noſtrils are fill'd with an acrimonious and mucous Matter, which corrodes the Skin, and exco-riates, and at the ſame Time ſo fills the Noſtrils up, that the Patients can hardly breathe: And this is frequently the Caſe with Children catching Cold, whoſe Noſtrils are ſo ſtuffed up with a Load of mucous Matter, that they
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can't suck nor breathe, and brings therefore to them both Trouble and Hazard.

If the Mouth be loaden with this Catarrhal Matter, the Jaws feel hot, rough, and dry, the Thrush, or some excoriating Humour, raises Blisters, or takes off the Skin, and therefore are they continually dry, and tickled with a Defluxion; their Face very often is either swell'd, or pain'd, or both; for if under such a Hurry as the Blood is put into in a Catarrh, the Arteries bring more to the Extremities than is reconvey'd, it must necessarily happen, that Swellings and Pains ensue from the Distention; because Vessels tumefy'd beyond the ordinary and usual Limits, lose their restitutive Force, by which they drive their Contents forward; the Fluids then hurry'd into them will make them stark and rigid, and incapable of compressing their Liquors that are in them, wherefore they will stand still in such a Part under such a Supposition. And this is what Physicians do commonly call a *Settling of Humours upon a Part*.

The Humours that are brought into the Larynx, do make the Patients hoarse, because they line all the Passage with a gross, or a sharp and thin Humour, either of which daubs the Membrane, and hinders a requisite Repercussion of the Air: This is seen in all Wind-Instruments, which, when they are too much moisten'd, will make very bad Musick, or none at all, according to their Degree of Moisture; wherefore to make them play, the Musicians

Musicians are forc'd to blow them clear, stopping some of their Holes, or taking off their *Emboucheurs*, and shaking out the Moisture ; and we have no other Method of clearing the Voice, but by Exiccants and Expectorants : This Deposition of Matter hereabouts raises a Cough, which is either dry or moist, according to the Matter deposited ; if it be a thin, sharp, and acrimonious Serum that is thrown into the Part, and this is generally so furious, that Physicians give it the Name of *Ferina*, *Secundus*, or Brutal, because it rages without Measure, and attacks the Patients so fiercely, that they are fatigued for ever with it, it neither suffers them to rest by Day nor Night, and therefore weakens them by bringing on profuse Sweats : And this is the present Catarrh, that now runs so furiously about us, and in so distant Countries ; and as the Humour is so very sharp and thin, and tickles the Lungs to perpetual Irritations and Coughings, so that the Air has hardly Time to enter them, the Patients seem swell'd, and ready to choak, they feel straight about their Breasts, and are tighted down ; all which Symptoms are certain Signs of a Load hurry'd to the Part by this irritating Matter : the Humours are hurry'd thither by somewhat external or internal, and the Patients thus afflicted must be in Danger of an Inflammation, and consequently of their Lives, if no Methods are speedily made use of to avert this Afflux to the Lungs : The Thinness of the Matter is certainly a secondary Cause

Cause of this Tickling, whatever be the first; for as it ouzes out of the Glands, it constantly tickles, and as it is not caught hold of, by Reason of its Thinness, it lies on the Membranes, and redoubles its Titillations, so that the Cough doubles by its Continuance. As for such common Coughs as are the Result of common Defluxions, their viscid Matter is spued out, and lines the Membrane, and occasions a Hoarseness, and a gentle Cough: Such a Cough frequently invading the Patients, and relaxing the Parts, is a common Cause of an Asthma; because such Matter being daily more and more spued in, does gradually relax the Glands to a great Size, and prepares the Way for a plentiful Influx of Serum upon every trivial Cold; and thus, at last, by gentle Strides, do they arrive at an *Asthma*, which proves the Consumption of Age.

Further to illustrate the Matter; where the sharp Humours run with Violence to the Lungs, they who are so seiz'd are afflicted with a Heaviness and Drowsiness of the Head, with a Pain in their Breasts, with a Difficulty of Breathing, their Voice stops in Speaking, they feel an Anxiety, they cough violently, and they are in Danger of being suffocated. Now all these Symptoms of a furious Catarrh are easily accounted for in the following Manner; the Head is heavy, and the Patients are drowsy, because there is a Hurry every where rais'd in the Humours, and the Vessels are stretch'd with rarefy'd Contents, and are con-

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frequently more fill'd and oppress'd ; the Vessels of the Brain being thus loaden, a Weight is accordingly felt : The Pain is from the Membrane of the Breast, or the *Pleura* being fill'd and distended with Juices more than usual ; this Distention gives both Pain, Anxiety, and a Sense of Tightness or Straightness, all which depend on Degrees of the same Fullness, for a small Fullness will cause a Sense of Straightness, a greater Sense of Anxiety, and the utmost Pain : As to the Difficulty of Breathing, the Air cannot be a Counter-balance against the unusual Quantity crowded into the Lungs, and therefore is it of little Force to lift them up, they straighten the Air-Chamber, and shut it out ; and as Speaking depends upon the Modulation of the Air, that being wanted, and cut off, Speech must be such as the Air is, and therefore they speak with a great Hesitation : Nothing grievously afflicts the Lungs without raising a Cough ; that is, it most generally happens, that when the Lungs are fill'd and distended by an interrupted Circulation, that somewhat oozes from the Glands of the Membrane into their outward Cavity, and so tickles them into a Cough : However, I must observe to you, that in choaking Catarrhs this is not always the Case ; for I have seen Persons in *these Catarrhs*, and in *Hysterick Asthma's* seiz'd on a sudden with the utmost Difficulty of Breathing, and yet they have had no Cough at all ; they have not been able to bear the Approach of any Person near them,

without

without the Apprehension of being choak'd; they have not been able to bear the confin'd Air of a Chamber, but have caus'd their Attendants to carry them into the open Air; all which Solitude has been judg'd little enough to convey Air to them, and yet no Cough has attended them; which they who were not skill'd in the Animal OEconomy, believ'd to happen from the Stoppage of a Cough, and have therefore very ignorantly given the strongest Expectorants, to help up some Matter they judg'd to lodge there; whereas this Matter was not to be evacuated by the common Road at all; nothing could give Relief in these Cases, save Discharges of Blood, Revulsions to distant Goals, by Blisters, gentle Catharticks, Bleeding, and the rest, after which the Disorder gives Way, or may be thoroughly rectify'd by other Specifick Alterations, the Mention of which I shall here omit, as being foreign to my present Views. I once more must remind the Reader to regard Causes, as the main Mark a Physician ought to level at, and to be certain they be not imaginary.

If the Catarrhous Matter be spued into the Stomach, the Patients lose their Appetites, they are troubled with Flatus, and Belchings, and if it contain an Acrimony in it, it raises a Flux; which Way soever the Matter retain'd flows, it produces Symptoms suitable to the Parts afflicted: The Appetite depends naturally upon a Secretion of a saline Juice from

the Blood into the Glands of the Stomach, which residing there, do give a trembling Motion to the nervous Coat, and this a Perception of Hunger : If that Juice is wanting, or becomes more acrimonious than naturally, then is our Appetite destroy'd : Now if the Catarrhous Matter be viscid and glutinous, then is the Appetite obtunded ; and this appears by an Example taken from what we swallow ; for if we drink Chocolate, or live upon oily Diet, or eat glutinous Food, we presently find our Appetite pall'd, and our Stomachs baulk'd : Nothing is more usual, than for Persons to complain they can't eat, because they have cloy'd their Stomach with some smooth and palling Liquor ; even a Glass of Sack before a Meal will so allay Hunger, as to take off the Edge of one's Stomach, that was very eager before. No Matter is without airy Particles in it, and none contains more than the Chyle and Serum ; where-ever therefore there is a greater Secretion of this Matter into the Stomach than usually, there will a Friction happen between the Globules ; they will be broken, and exhale into Air, and find their Passage upwards or downwards in *Ructus* or *Crepitus* : Hence are Patients, who have the Catarrhous Matter translated to the Bowels, troubled greatly with Wind ; and as for Fluxes, they depend upon an Acrimony of the secreted Matter : By this Acrimony the Guts are twitch'd into Spasms, and these convulsive Motions do hasten the Humours to the Parts

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so twitch'd, so that the Secretion is hourly increas'd, and the Flux perpetuated, once it begins ; for the Acrimony gives Rise to the Irritation, and this to the Secretion, till proper Remedies are apply'd to revulſe the fiſt, and to allay the latter, as ſhall be mention'd below.

The Urine in Catarrhs is generally muddy and white ; ſo common is this Symptom, that when we ſee any one's Water of this Colour, we ſay they have got a Cold : The Reaſon of which is this, when the Perſpiration either is curb'd, or a Hurry is rais'd in the Blood, the Range of the Particles in the Maſs is alter'd in a ſtated Circulation, the Juices are juſtly concocted, and are ready to drop their Sedi-ment in a certain Time ; but where there is a Hurry, ſome are wholly melted, others half blended, and ſome not at all ; when the Hurry is moderate, as in common Colds, the Blood is diſturb'd in its Mixture, and rarefy'd ; this Rarefaction of the ſulphureous Parts in the Blood, cauſes thoſe Parts to augment in their Dimenſions, and conſequently to be buoy'd up in the Liquor ; hence is the Urine turbid and milky, and the Deſluxion is not look'd upon to be leaving us, till this Milkinenſs goes off, and ſettles to the Bottom ; and this is a Truth known even to the Vulgar, when they ſay their Colds are going off, becauſe their Waters ſettle : The natural Reaſon of which is this, becauſe when the Hurry ceases, the Liquors ſettle in their Dimenſions, and thoſe
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which are saline or sulphureous, fall spontaneously to their proper Place : Were the Mass of Blood merely sulphureous or oily, those oily Parts would be so far from falling down, that they would swim on the Surface ; and were they barely saline, they would swim in the Liquor, Water being a proper *Menstruum* of Salts, and a specifick Dissolvent of them ; but being mix'd up of both, when the Commotion ceases, this Composition falls down, and takes up the Bottom of the Urinal. We are well assured of an equivalent Mixture in Oils and Salts : If, for Example, you take common Oil, and blend it with Water ever so well by shaking, or any Digestion, you cannot, by all your Pains, make this Oil to mix with the Water, much less make it subside to the Bottom of it ; but if with this Oil you mix Spirit, or Oil of Vitriol, or any other acid Spirit, and then put this Composition into Water, you render the Oil pitchy, and heavier than before, and then it will fall down in an Instant, and remain there till you take a convenient Method to destroy this Mixture, of which I shall omit any mention.

Pains are another Sign of a Catarrh, which are caus'd from the Salts retain'd : Salts are the most common Causes of Pains ; they are plentifully heap'd up in the Mass of Blood upon a Retention of the *Perspirabile*, and circulating in the Vessels, they vellicate and twitch the tender Fibrils into Tremblings and convulsive Motions, particularly in the smaller
Vessels

Vessels and the Extremities ; nay, they are sometimes so excessive, as to raise a feverish Disposition ; for where Acrimony reigns in Liquors, it twitches according to its Degree, and if the whole Mass be of one kind, it causes an universal Trembling : The nervous Threads being thus put into Motion, the Arteries that are surrounded by them, are compress'd at every such Vibration, nay, and the Heart itself is at last hasten'd in its Pulsations, and the Blood is hurry'd about violently. Now it is hardly possible for the Blood to be toss'd on at this Rate without putting it into Occursions, and these dissimilar Parts jolting against each other, as also against the Sides of the Vessels, are the immediate Cause of the febrile Heat rais'd upon such an Emergency ; from whence you may perceive, that I am not of their weak Opinion, who imagine that Heat, especially a febrile one, can be rais'd barely from a progressive Motion in our Vessels ; this circulating Motion being increas'd and hasten'd, is the original Cause introducing this intestine Struggle, from whence arises this Heat ; but they who would deny our Juices to be heterogeneous, seem to have presuntorily view'd what is within us ; all that have ever analys'd our Juices, or have examin'd them by blending them with other Ingredients, have plainly given us to see, that our whole Mass is a Composition of very unlike Parts huddled together into Channels that convey them, and therefore must acknowledge, that

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upon any Increase of Motion, they will fall into somewhat like Fermentations, call them by what precise Name they please, by which Heat, the Effect of Attrition, will ensue: These Pains are often accompany'd or follow'd by Faintnesses, from the Nature of Pain; for what moves the Blood too hastily, evaporates the Spirits; and moreover, what moves the Fibres too strongly, has the same Effect; for by their Oscillations and Tremblings the Spirits are kept in Motion too much, and therefore are expended, so that it is nothing new for Pain to make the Patients faint away.

Lastly, Fevers are often caus'd by Defluxions; because a Fever has been seen to follow the excessive Motion of the Fibres and Juices; there is only this Difference between a Fever and a febrile Heat, that in the first the Blood and Mass of Humours are more highly acrimonious than in the latter; they who are seiz'd under a saline State of Humours, especially if they are of a full Habit, or have fed high, and have drank spirituous Liquors, are in the next Disposition to a Fever upon every Emergency; we see this verifi'd in old Men, who, upon Pretence of living comfortably to supply the Decay of Age, fall ever and anon into Fevers; they keep their Blood by Cordials in a constant Hurry, they feel Calls upon them for such Supplies, and are therefore persuaded no other Method but Wine, Brandies, Caudles of a warm Nature, Spices in their Diet, and hot Things, can subsist them; and
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by endeavouring thus to ward off old Age, they call it on by Fevers, which arise in such People from a Stoppage of Perspiration in such an acrimonious Mass: As soon as the Pores are stopp'd, the Juices being well prepar'd for such a Conflagration, fall into Struggles and Hurries, and a malignant Fever is kindled; which being inconvenient for their Age, most frequently destroys them. Having taken this View of old Mens Constitutions, the same may readily be granted to happen in younger and more tender Years: Their Blood is all Life, all Spirit, all Vivacity, and all Acrimonious; and, in Fact, so we find it: for young Men are much more liable to Fevers than those of a middle Age, and they yet more subject to them than the most advanc'd, unless upon the Abuses afore-nam'd; but, in general, all Mankind, upon a Mistake of Cold, or upon Moisture, are liable to Suppressions of the Pores; and they whose Pores are once thoroughly obstructed, must run the Risque of Fevers.

There is, doubtless, a great Variety of Defluxions, because some are beginning, others confirm'd, others are gentle, whilst others are malignant or epidemical; as is the present Catarrh that now reigns; as was that which reign'd in the Year 1675; or as was that which Dr. *Willis* mentions in his Epidemical Fevers; or as *Forestus* mentions: Which last been caus'd, as appears to me from good Reasons, by Exotick Salts floating in the Air, from Moisture that has relax'd the Glands, and from

the Levity that constantly attends such a State of Air : If then the Air should grow cool, and turn frosty, and should again grow heavier, we might probably find an Abatement of this spreading Evil.

To sum up therefore the Signs that distinguish a Catarrh, as to its Cause ; they who labour under an Acrimony in the Blood, and consequently under a malignant one, are troubled with a Redness of the Face, or at least a Heat there, with Thirst, with acute Pains every where, and with Abscesses succeeding Inflammations ; but they who are seized with a cold Defluxion, or a phlegmatick Catarrh, their Faces are pale, they are without any feverish Heat, without Pain, and the Matter thrown off thro' any Part is gross and thick.

As to the Tendency of a Catarrh, if it be a bare Defluxion on the Nostrils, unattended with Inflammation, or Excoriation, there is no Hazard ; and the same may be affirmed with Regard to a Defluxion on the Jaws : But when the Lungs themselves are attack'd, there is always Danger ; for who can warrant that a strong Defluxion shall not cause an Inflammation, a Spitting of Blood, or a Consumption ? Defluxions are of a short Duration, generally speaking, if the Patients do immediately take Care to guard against the Inclemencies of the Air, otherwise malignant ones make Work for the Doctor ; for as they naturally tend to a Crisis with a moderate Care, so if this is disturb'd

sturb'd by Neglect, or Mistakes committed, that Matter which would by gentle Warmth, and cooling Diet, have found an Outlet in a Week's time, or less, is now retain'd, and gives Pains, Fevers, Inflammations, Pleurifies, Peripneumonies, and various other Ailments : I am convinc'd by Experience, that many poor Creatures have perish'd under these late Epidemical Fevers, from the fatal Mistake of never retiring from their usual Employments till they have a rivetted Fever upon them, and till they have neglected twelve or fourteen Days of their precious Time, and have really lost themselves, having no Strength or Spirits, and then they scarce lie above a Day or two, till they have nothing to do but to die : And, to say the Truth, this is generally the Case in all slow Fevers, People are so gently hot, they gradually lose their Appetites ; they grow gradually feeble, and have so little Thirst upon them, that they little dream of a Fever ; they walk about, are often easy in the Day, they sleep tolerably, and therefore they are ashamed to complain ; thus do they manage for some Days, or perhaps Weeks, till there is no Room for Medicines : But how would the Case be alter'd, if they kept warm, if they observ'd a proper Regimen only, and much more, if proper Measures had been taken from the Beginning ? Most of the Vulgar are practically Fatalists ; what befalls them, could not happen otherwise, they say ; and I fear, this Discourse will have no Force with them ; and, indeed, they

are generally of such low Life, that it can hardly fall into their Hands: But for wiser People to postpone their Healths, as has been frequently the Case of late, is somewhat amazing. Whoever then would prevent a Defluxion from turning into a Fever, or from any thing yet worse, if worse can be, must keep warm, and observe a diluting Regimen so long, as till their Water subsides, and the Symptoms are vanquished: I principally speak to tender Constitutions, whose Juices are sharp, and whose Fibres nimble in their Functions; because there are some who will weather such a Disorder in despite of all Mistakes they can commit: But do these very Persons know, they are under such a happy Constitution at the Time they venture on it, and risque it at the bold Rate they do?

Let us now take a View of the Curative Part of Catarrhs, and all their Consequences: It is for this End that these few Sheets are penn'd; they are design'd as a Direction for such as have no better Assistance near them; and I will descend to so many Particulars, that I hope it may answer their Ends.

In the Cure of Defluxions, we are to consider of what Kind they are, namely, whether they be Simple, or Compound; if they are simple, they depend on the cold and moist Air either stopping the Pores or relaxing them, and exhaling our Fluids: I shall take a View of them in proper Order.

If the Matter excerned or spued out be gross or thick; if there be a Hoarseness; if their Countenance be pale, and they are without any Fever or Thirst, this Catarrh is a phlegmatick one, and ought to be cured in the following Manner. *

If they find a *Nausea*, or Loathing at their Stomachs, it is a certain Argument, that Part of the Matter is thrown into the Cavity of the Stomach; and if they are puffed up with Wind, and are troubled with Belchings, the Case is made yet much plainer; give them the following Puke:

Take a Dram of the Indian Powder, and infuse it in a Glass of Sack all Night; take this Glass of Infusion decanted at five in the Evening; and when it makes them sick, drink Carduus Tea after it: And thus let them drink till they have vomited up all the Slime upon their Stomachs; which will appear by the Carduus Water coming up clear. Then

Take Salt of Wormwood, one Scruple; Juice of Lemon three Drams; Syrup of White Poppies, four Drams; Mint and Bawm Water, of each one Ounce; compound Wormwood Water, two Drams.

Mix, and make a Draught to be taken at Bed-time.

If their Heads be drowsy and they be sleepy, so as hardly to be able to hold up

* Vide *Practical Physician for Travellers*, p. 5. to 8.

their Heads, but yet are not at all hot or feverish; they ought to apply a Blister to their Necks; and this will have the good Effect, to drain off Part of the Matter, to put the Spirits into Motion and rouse them up; Then

Take the Mass of Pills of the Lesser Cockiæ, one Scruple;

Mercurius Dulcis, wash'd four or five times in warm Water, ten Grains;

Oil of Cloves by Distillation, three Drops: Make a Mass of Pills, divide them into five Pills in Number, and take them in a Morning, drinking Broth after them, and keeping your Room all the Day after: These will carry off the Matter offending by Stool.

If the Matter seizes on the Lungs, and creates an asthmatick Cough or Shortness of Breath, and if they spit up a glewy Stuff, and are without any Signs of a Fever; in order to get rid of this Disorder, they must be oblig'd to unload the Vessels, and to make them expectorate freely, for if such Matter should lodge there any Time, there would be some Apprehension, that in Process of Time such Patients would run the Risque of a settled *Asthma*, and then nothing would be capable of relieving such an Ailment, but to avoid the Town, to ride continually, and to be taking Pectorals with a Continuance.

We ought, in the first Place, to apply a Blister, which turns the Defluxion into another Channel, makes an Outlet for the Humours to pass through, and unloads the Vessels of their superfluous or retain'd Quantity; moreover, it stimulates and helps Expectoration, as it runs along, while it answers all these Ends with greater Security; and moreover, we have it in our Power to perpetuate the Flux as long as it shall be judged useful and convenient. If the Blister totally relieves the asthmatick Symptoms, and causes the Defluxion to decrease so greatly, as to take off all the Tightness, then are we at Liberty to proceed to Pectorals to heave up the phlegmatick Matter; but if this Cold Matter does still continue to flow into the Lungs, and still to cause a Difficulty of Breathing, we are then oblig'd gently to carry off the offending Matter, as yet not fix'd on the Lungs, but only flowing in, which therefore is to be transferr'd to some other less dangerous Part, by the following gentle Physick; namely,

Take Pills of Rudijs, one Scruple ;.

Mercurius Dulcis, ten Grains;

Rosin of Jalap, four Grains;

Oil of Anise-seeds, four Drops;

Make five or six Pills, to be taken in a Morning, and to be repeated for two Mornings more, omitting a Day each Time. Or, if a Potion be requir'd,

Take

Take *Leaves of Scna of Alexandria*, one Dram and half;

Raisins of the Sun, ston'd, two Drams;

Fennel-seed and *Anise-seed*, of each half a Dram;

Salt of Tartar, four or five Grains;

Infuse these for a Night over the Embers, in Water, strain it in the Morning; to four Ounces, add Manna of Calabria, one Ounce, clarify by letting it settle; strain again, and add one Ounce of Cinnamon Water: Take this as was order'd in the Pills.

When by taking three or four Purges, at proper Distances, you perceive that the chief and main Difficulty is got over, that is, as soon as you perceive the Straightness and Tightness to vanish, or, at least, to be much lessened; then will it be high Time to proceed to proper Pectorals, to dislodge the viscid Matter sticking close to the Walls of the Lungs, which generally requires two Indications to get rid of it, to wit, you must give a Shock to the Lungs, in order to make it more forward, and at the same Time you must soften and lubricate, in order to make it slip off from the Membrane to which it sticks close: Both these Intentions are gain'd in the following Manner:

Take

Take *English Saffron*, in Powder, five Grains ;
Sperma Ceti, fresh and genuine, one Scruple ;
Flowers of Benjamin, in Powder, four Grains ;
Volatile Salt of Amber, one Grain ;
Conserve of Rosemary Flowers, fifteen Grains ;
Syrup of Marshmallows, as much as will
 make a Bolus, to be taken every five Hours,
 drinking above it a Draught of the fol-
 lowing Infusion, warm ;

Take *Fennel-seeds* and *Anise-seeds*, of each
 two Drams ;
Ox-Eye Daisy, two Pugils ;
Juice of Liquorice, Spanish or English, half
 an Ounce ;
Cochineal, in Powder, one Scruple ;
Salt of Tartar, one Scruple ;
 Make an Infusion on the Embers all Night,
 strain the Infusion whilst you drink it : If
 you please, this may be drank with a Glass
 of *Mountain Malaga Wine* in it, because I
 suppose no Fever in this Division. Or,

Take *Sperma Ceti*, fresh and genuine, one Dram ;
Oil of Almonds, fresh drawn, one Ounce ;
Syrup of Hedge Mustard, three Ounces ;
Volatile Salt of Hartshorn, four Grains ;
Sugar Candy, in Powder, two Drams ;
 Make a Lambitive, of which take a Spoon-
 ful whenever the Cough is troublesome, or
 comes up with Difficulty : Continue this
 Method 'till you find all Symptoms vanish. †

† Vide my *Practical Physician for Travellers*, p. 15.

One Thing I must observe to my Readers, which is this; they who have been oblig'd to take oily Remedies to clear the Chest of this gross Matter, have their Stomachs much pall'd and their Appetites abated, and therefore as soon as they have gain'd their Point in clearing the Breast, they should take some Bitters and Spaw Waters every Morning and Evening; for Example,

Take of *Roman Wormwood* two *Pugils* (a *Pugil* is what two Fingers and a Thumb hold);

Of *Gentian* and *Zedoary Roots*, of each one *Dram*;

Of *Cardamom Seeds*, two *Drams*;

Infuse them in boiling Water, strain out the Matter, and to twelve Ounces of it add one Ounce and half of compound Peony Water: Take five Spoonfuls of this Infusion Morning and Evening, drinking above it a large Glass of German Spaw Water.

If the Defluxion seizes on the Head, and causes a Propensity to Sleep and Drowsiness, and some Degree of Stupidity, as there may be Danger of a Lethargy, or some such Disease, it will be convenient here also to apply a Blister to the Neck, which will divert the Rheum from settling on so noble a Part, the Consequences of which would be
very

very hazardous ; by such an Application the Bent of Humours would be chang'd, and the Load would be prevented ; for whenever the Vessels of the Brain are distended, the Fibres of it are so flexible, as to give way to the least Fulness, and to break, from whence Persons subject to Defluxions on the Head are observ'd to grow stupid, and to lose that Vivacity which they had before such a Misfortune ; and indeed, where such a Case becomes habitual, they dwindle into Folly itself : How slight a Convulsion have Infants lost their Senses or their Sight by ? and by the same Parity of Reason, how slight Defluxions break the nervous Fibres ? Heavy Headachs denote this Defluxion, which are caused by the rushing in of more Humours into the Vessels than they usually carry ; so that Discharges as sudden and as large as the Nature of the Fibres will bear, are necessarily requir'd.

Smoaking of Cephalick Herbs, or of Tobacco, is here very useful, more-especially if the Patients do spit with it, because the Humours are drain'd thereby through the oral Glands by an artificial Salivation : As the Pores of the Head are stretch'd more than usual, and want an Overture to pass through, it will be conducive also in this Case to make use of proper Embrocations to make the Humours pass off ; hence will it be of use to wet Cap-Paper with Oil of Lavender and Cloves, or Nutmegs, and to apply all over the Head : It will be convenient to take thirty Drops of

Tincture of Salt of Tartar in a Dish of Tea often in a Day, because such a Mixture will prove diuretick, and will carry off Part of the Load by the Reins ; but in this Case the most convenient Discharge is made by the Pores and the Intestines ; wherefore,

Take *Pills called Fœtidæ*, fifteen Grains ;

Castor, powder'd, four Grains ;

Salt of Amber, five Grains ;

Spirit of Lavender, five or six Drops ;

Make four Pills ; two of which take at Bed Time, and two next Morning, expecting two or three Occasions ; keep moderately warm ; repeat these Pills every second Night for three Times. Then

Take *Diaphoretick Antimony*, fifteen Grains ;

Bezoar Mineral, in Powder, six Grains ;

Volatile Salt of Amber, four Grains ;

Conserve of Rosemary Flowers,

Raleigh's Confection, of each fifteen Grains ;

Syrup of Cloves, as much as will make a soft Bolus ; to be taken at Bed Time and in the Morning, upon which take six Spoonfuls of the following Julep ;

Take *Rue Water* and *Milk Water*, of each five Ounces ;

Black-Cherry Water and compound *Peony Water*, of each two Drams ;

Spirits of Lavender and of *Hartsborn*, of each one Dram ;

Powder

*Powder ad Guttetam, one Dram ;
 Fine Sugar as much as will sweeten it ;
 Make a Julep.*

These Things continued regularly for some Space of Time, will happily carry off the retain'd Matter, either by Sweats or insensible Perspiration, and the Patients will certainly be relieved. However, if the Sleepiness should still persist, it would be proper to apply Blisters to the Arms also, otherwise the Humour might be so steadily settled as to destroy the Patient.

To be brief ; whenever a Catarrh of the phlegmatick Sort invades a Patient, under any Shape whatsoever, it is convenient to proceed in the following Manner ; They may stove their Sheets in going to Bed with Amber, Styrax Calamita, Mastick, Benjamin, Gum Animæ, Camphire, and the like volatile and aromatick Gums ; by this Artifice we apply the Axe to the Root ; if the Cold has relax'd or obstructed the Pores, these Steams left on the Sheets do at once open and strengthen them : I have known a sudden good Effect from this Method, and whenever any Person complains of a Soreness of his Bones, by which Symptoms it is manifest a Cold is caught, warming the Bed and stoving the Sheets is done together, and, generally speaking, a gentle breathing Sweat ensues, and carries off the Matter retain'd and the Cold. Another general Method is the Cutting

ting an Issue; this also lets out the Matter retain'd, and helps to divert the Rheum from settling too steadily on any Part; but then other Discharges must precede, because it is too slow and too gentle a Discharge: It has indeed been found, that a Caustick apply'd to the Muscles near the Jugular Veins, has taken off a Catarrh that was so stubborn that it yielded to no other Remedy. Vomits are often convenient in Colds, where there are any choaking Fits, for they promote the Circulation, and hinder Stagnations, which are the Cause of Suffocation. Purgatives are also of use, especially Phlegmagogues, or such as carry off viscid Humours, blended along with warm Specificks, because in these cold Rheums the strongest Catharticks carry off the offending Matter, and put the Blood into Motion. Sudorificks and Diureticks do greatly contribute to carry the Matter of the Catarrh out of the Body; so does Tobacco chew'd or smok'd: I have known a stubborn Hoarseness cur'd by Smoking, when Physick and other Discharges fail'd. General Discharges ought to precede particular ones, and therefore Pectorals for cold Rheums are to be postponed 'till all proper Discharges have first been made; Pectorals for a viscid Rheum are Aromaticks and oily Medicines, such as Sassafras in Tea, Elecampane, Guaiacum, Tincture of Saffron or of Amber, taken in any pectoral Syrup, given frequently, and if the
Matter

Matter sticks to the Lungs, Sugar-candy dissolv'd in such is a good Pectoral.

Hitherto I have confin'd myself to that Catarrh which proceeds from a cold Viscidity, I shall now descend to such Defluxions as proceed from an Acrimony of the Blood; these are by many Degrees the most dangerous, because they produce Rheumatick Pains, Pleurifies, Pleuritick Fevers, and many malignant Cases: Catching Cold under an acrimonious State of Humours carries great Danger along with it; wherefore, when the Air has alter'd our Juices, and they are become sharp, the Pores being stop't up, in such a Case we are thrown into various dangerous Diseases.

At present we have been seized with Defluxions universally, and Numbers, as appears by our late Bills, are taken with malignant Fevers, or malignant Pleurifies, or with Pleuritick Fevers; I have in my *Practical Physician for Travellers*, p. 56, &c. treated of the malignant Fever, and in p. 48. *ibid.* of the Pleurify, and therefore I shall say little of them here; but as the Pleuritick Fever now reigns, and seems to be of a peculiar Stamp, I shall descend to many Particulars of it.

As soon as any one has caught Cold, they begin to grow chilly for a Day, and then they are seiz'd with a Stitch, as it is called, on the Side, and mostly on the Short Ribs, along with a Difficulty of Breathing, a moderate Heat, a quick Pulse and a Restlessness, with a Loss of Appetite, and a Thirst. The
Fever

Fever is evident from the Chillness, a quick Pulse, and a succeeding Heat ; and the Pleuritick Pain succeeding the Fever, plainly denotes the Pain to be a Symptom of the Fever : There is an Acrimony in all Rheumatick Cases, and as the Blood is gross at the same Time, this Grossness disposes such Blood to stagnate, and if the Acrimony be great, the Parts are dispos'd to turn into a Gangrene ; for whilst the Thickness disposes the Blood to stand still, the Edges of the Salts do greater Execution.

Thus may we call this Pleuritick Fever a Malignant one, and great Caution ought to be used in the Cure of it, that neither so many Evacuations be made as in a Pleurisy, nor so few as to effect nothing. The Pulse and Vehemence of the Pain must guide us in our Discharges to be made. I know Bleeding has been made use of freely all over the Town, and yet the Pains in some have not yielded, but have lasted, 'till by the Faintings and Dispiritedness, it appeared that the pain'd Part became gangrenous, and kill'd the Patient, so that opening a Vein so often is not a Remedy, and may prove destructive : I would have it observ'd, that Bleeding is not a Remedy, at least, a direct one, against Stagnation ; because Blood may run out of our Veins, and yet what is extravas'd may not be suck'd in again to them : Bleeding indeed is a Remedy against any Influx of Blood into a Part ; neither this Way is it a direct Remedy against
such

such an Influx ; but as it draws off a Quantity, which might otherwise run in, it may be called a preventive Method of such an Influx ; now, as in Pleuritick Fevers, some viscid Parts stagnate in the capillary Fibres, and irritate greatly by the caustick Acrimony of it, the Bent of the Blood is directed to the Part thus affected, and a Swelling, sometimes visible, follows such a Pain : Whilst the Pain is fresh and violent, and the Spirits are strong and vigorous, we must draw off Blood to considerable Quantities, answerable to the Age, Circumstances, and Strength of the Patient ; because, as yet, it can't be suppos'd that the Part is choak'd up with the Contents, nor is the Pain fix'd, and so long as Bleeding calls off the Blood to another Channel, and can be suffer'd without Injury to the Fever, so long and no longer must we make use of it ; nay, if the Fever will bear it, not only Revulsion must be made to hinder the Humour from settling upon the Part, but when part of it is settled, and more flows in, as is the Case of Inflammations very often, then to such Revulsions we must add a Derivation, and even particular Evacuations, because these carry off the Burden that is fix'd upon the Part ; hence Cupping with Scarifications, and Discutients, and Emollients, or Suppuratives, or Blisters must be call'd in use, for then the Load fix'd upon the Part, which is the immediate Cause of the Disease, is let out, and discharg'd from the Place affected, and a Gangrene is prevented,

vented, which would not fail to destroy the Patient in a very short Space of Time.

But after all this Discourse on Bleeding, I must confess that I have often seen the Lancet drawn out, and us'd, with Regret and Fear, where I saw a low Fever and a violent Pain; this Circumstance may boldly be affirmed to be incapable of being relieved by Bleeding plentifully; for let us but take a View of what ensues from thence, and I believe our Gentlemen of the Faculty would not be so fool-hardy, as always to venture upon this doubtful Remedy: For as the Spirits are weak and low already, and as Bleeding takes them more off, the Pain indeed will perhaps cease, but then we find their Pulses to grow weaker, their Strength to fade, their Breath to grow shorter, and Death closes the Rear. I have, I say, too often been an Eye-witness to these Methods, and have not had it in my Power to prevent such bad Advice; these Gentlemen take a cursory View of the Patient's Circumstances, and, when the Remedy fails, cry out, There was no other Method to save their Lives. Good God! Is there no Difference between suffering a Patient to go off by true Methods, and destroying them by bad ones? if a Disease is invincible, let us not cut the Patient's Vessels, that he may bleed to Death: I take it to be a very awkward Compassion to put a Man out of Pain; a Pistol, a Dagger would do this Work too, and they are fully as lawful, as to bleed, where we are sure no

Good

Good can ensue, when nothing but Death must follow. I had almost forgot to mention one thing concerning Bleeding, namely, if the Pleurisy is a descending one, we must bleed in the Arm ; but if an ascending pleuritick Pain, in the Leg ; this Caution is all the World over reputed of so great Moment, that in *France, Germany, Italy*, and in all foreign Parts, they are esteem'd ignorant who act otherwise : Sure I am, the Opinion is firmly settled upon the right Notion of Revulsion, and no sooner is the Bent chang'd but the Patients find Relief. In these Circumstances, where we have taken a little more Blood away than we would have done in a solitary Fever, and we are well assur'd of the Malignity of the Fever, then are we to rest contented with the little the Case allows of, and to proceed to prescribe Cupping and Blistering upon the Part, and to apply emollient and anodyne Cataplasms to the Part affected, first rubbing it with a Liment : For Example ; rub in the Liment mentioned in my *Practical Physician for Travellers*, p. 54. and apply that same Fermentation, *ibid.* and moreover, as the Parts are much in Pain, it would be convenient to add a little *Venice Treacle* to the Fomentation there mentioned, or to apply the following Poultices :

Take *Fennel-seeds and Anise-seeds*, of each one Ounce ;

Mallow Leaves and Marshmallow Leaves, of each one Handful ;

Lilly and Marshmallow Roots, of each one Ounce and half ;

Briony Roots and Onions, of each one Ounce ;
Bruise all these in a Mortar, and boil them in Milk, add to them in the Time of boiling, Fenugreek Seeds in Powder, 'till you bring it to the Consistence of a Poultefs, to which add one Ounce of Venice Treacle, and as much Linseed Oil, cold drawn, as will make it soft ; apply this warm upon the pain'd Part, after the Liniment, and renew the Liniment and this Poultefs thrice a Day at least.

When Bleeding has been sufficiently and seasonably call'd in use, we are to proceed to carry the Pain off by encountering the Fever ; and as the Fever in the present Case is generally a low and nervous Fever, we ought, in the first place, to apply a Blister to the Neck, of a good Size, this will help to discharge the Matter of the Fever, and will divert the Fluxion on the Side ; in the mean while we must give the following or the like Remedies to invigorate the Blood, and to add Spirits, that the Matter which offends may be put into a Train of being carried off :

Take Sperma Ceti, one Scruple ;

Castor, in Powder, five Grains ;

English Saffron, powder'd, three Grains ;

Pearl,

Pearl, prepar'd, one Dram;

Confection of Alchermes without Musk, one Dram;

Mix and make two Bolus's, one of which take every fifth Hour, drinking above it a Glass of the following Julap:

Take Black-cherry Water and Milk Water, of each four Ounces;

Compound Peony Water and Aqua Mirabilis, of each one Ounce;

Pearl, prepar'd and powder'd, one Dram;

Volatile Salt of Hartshorn, five Grains;

White Sugar as much as to sweeten;

Mix and make a Julap.

If the Pain be violent under the above-named Circumstances, and no Expectoration be expected, nothing can forbid the Use of a gentle Opiate; but if the Breath be short, it will be necessary to add somewhat to promote the Circulation also; wherefore in that Case, it appears that the Blood, by stagnating in the Membranes, and distending as well as irritating them, gives the Pain, and that the same Blood by stagnating in the Vessels of the Lungs hinders the Ingress of the Air, by rendering them stiff and inflexible; now, as Irritation and Stagnation are two Causes that want a Remedy, and that both are equally hazardous in their Events, because Pain keeps us awake, expends our Spirits, and throws us into waking Dreams or Ravings,
and

and soon consumes us, and the Difficulty of Breathing stops the Circulation, and puts an End to the Thread of Life; wherefore, we should shew our Ignorance in Practice, and be wanting to our Patient, if we did not answer both Ends; hence,

*Take two Ounces of Black-cherry Water ;
Cinnamon Water, two Drams ;
Liquid Laudanum, twenty or thirty Drops ;
Volatile Salt of Hartshorn, five Grains ;
Sugar-candy as much as will sweeten it ;
And give this Draught upon these two
Emergencies, changing the Quantities, at
next taking, of the Laudanum or Volatile
Salt, as the Pain or Difficulty of Breath-
ing prevails.*

Surely there is no Danger in this Draught, if we consider, that the Bleeding having been sufficiently premis'd, and having hinder'd a downright Stagnation, which must be the Case; for if the Blood is not extravas'd, and that is prevented by timely drawing off of Blood, one of the Ingredients will provoke the Humours, whilst the other will allay the Pain.

When we have brought the Fever to some sort of Crisis, as we may know by the Urine subsiding, then, if the Patient's Spirits will afford it, we ought to give a gentle Dose of a lenient Cathartick; it is hardly credible how small a Quantity of such a Potion will translate
the

the Matter, which, to all Appearance, was fix'd immovably: Do we not remember Instances, how a spontaneous Looseness has carried off Tumours which were not conquer'd by the nicest Management? If we call to mind the Story told us by *Lanzonius*, in the *German Ephemerides*, Obj. 44. Anno 1690. how a Soldier had a Swelling in his right Hip, which the Surgeon had brought to such Maturity, that he thought to have opened it the next Day, but the Patient falling into two or three loose Stools at Midnight, the Tumour was gone next Day: A Plague-Sore has run the same Fate, and has been carried off by Stools; wherefore it will be no Surprize to any one, to see Tumours or Pains vanish upon a seasonable Dose of purging Physick; I mean seasonable, when the Humours are under some Degree of Concoction, though not a perfect one; and in this Case *Fernelius* judges nicely; he says, "That Humours imperfectly concocted are to be purg'd off gently, but that those which are thoroughly concocted may be purg'd off more strongly;" by which Degrees of Concoction, he means, that when the Urine is only muddy, it is only a beginning, or imperfect Concoction; but when the Urine settles quite to the Bottom, then is the Concoction perfect. In the first State of Concoction take the following Purge:

Take *Sena of Alexandria*, clear'd of the Stalks,
two Scruples;

Rhubard,

*Rhubarb, slic'd or cut small, one Scruple ;
Salt of Tartar, five Grains ;*

Infuse these in boiling Water for an Hour or two over the Embers ; strain out the Infusion to three or four Ounces of the Liquor ; add Solutive Syrup of Roses, one Ounce ; Cinnamon Water, three Drams : Make a Draught to be taken in a Morning, expecting three or four Occasions ; repeat this Draught a second Time, if the Patient be reliev'd by it the first Time, and after some Days Interval another.

In the second Case, when the Concoction is perfect, and the Urine is thoroughly settled, then

*Take Sena clear'd of its Salts, one Dram ;
Salt of Tartar, six Grains ;*

Infuse for an Hour or two upon the Embers ; strain out the Liquor ; add Syrup of Buckthorn, half an Ounce : Tincture of Rhubarb, made with Spirit of Wine, half an Ounce ; make a Potion to be taken in a Morning, fasting two Hours after it, and drinking Broth upon it ; repeat this Potion at proper Distances for twice more.

By these Methods we take care of the Pleurisy, as the Symptom of a Fever, and abate the Pleurisy, so as not to postpone the Cure of the Fever, which is the original and primary Cause. A Physician should, in this Case,

Case, be extremely nice in his Enquiries ; it is an Inquisition upon which the Patient's Life is at Stake, and young Gentlemen of the Faculty must excuse me, for desiring they would pique themselves upon their Diligence in this Point, ask carefully whether the Patient was seiz'd with a Shivering and a Fever before this Pain came on, or whether the Pain and Fever were co-eval ; then observe, whether in the Exacerbation or Accession of the Fever, the Pain increases with it, and lessens when, or as the Fever lessens ; or whether the Pain increasing and growing worse, does not augment the Fever in Proportion ; for Dependence argues some prior Cause ; which-soever therefore begins first is this original Cause, on which the other depends as Secondary, and the Secondary is a Symptom. To cure a Head-ach in a Fever as an original Head-ach, and to neglect the Fever, would by all the World be look'd upon as a very ignorant Practice ; and to cure a pleuritick Fever, as a Pleurisy, is an analogous Mistake, and produces the same ill Consequence ; that is, the Death of the Patient. In such an Epidemical pleuritick Fever, where it is difficult sometimes to trace up the original Cause, where we are call'd too late for coming at that Point, we must at least take up some Time in knowing the whole Series of Symptoms from the very Invasion ; where Patience must be had in hearing the Detail given you, and Judgment must be deferr'd sometimes till a second Visit, prescribing

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some innocent Remedy, till you can be better inform'd: An Omission very necessary to avoid committing any fatal Error.

Having shew'd you how to manage the most prevailing Consequence these Colds have produc'd, I shall descend to another less dangerous, and easier to be manag'd, namely, the *Catarrhal Fever*: This Fever begins, as all Fevers do, with a Shivering or Chilliness; after which the Patients grow warmer, and at last hot, and thirsty; their Heads are heavy, they complain of Pains all over them, they are hoarse, and cough much, they are short-breath'd: If they who are seiz'd have been old Asthmatics, their Water is white and muddy.

This Sort of Fever, if duly manag'd, is of the Ephemera Kind, and does readily yield to proper Remedies: But as all Fevers whatsoever will be advanc'd into a Continual by preposterous Methods; and the good Ladies themselves are very skilful at turning trifling Fevers into continual ones, by their wonderful red Powder, or some such Family Secret; nay, which ought not a little to be wonder'd at, many others have got a Custom, at first Visit, to blow up a simple Diary into a Fever, by giving too strong Cordial Bolus's, in order to procure a Sweat, and to carry off the Fever at once; which Mistakes I would advise to avoid for the future, nothing surely being more reasonable, than to extinguish a Heat, and not to kindle it.

However

However other Fevers may require a more artful Management, this will not be neglected: Our chief Care must be to know by what Outlets this Fever can most readily be carry'd off; for as the Urine is at first under a *Demi-Coction*, the offending Matter admits of immediate Discharges, and which may be continu'd till the Fever ceases: If a Patient drops into Sweats, and finds Relief thereby, we have little to do, but to support the Spirits under them, in the following Manner:

Take *Black-cherry Water*, ten Ounces;
Dr. Stephen's Water, two Ounces;
Pearl, prepar'd and powder'd, one Dram;
Spirit of Lavender, one Dram and half;
Sugar-candy, powder'd, as much as to sweeten;
 Make a *Julap*, of which take six Spoonfuls
 in any Faintness of Spirits.

But if the Sweats should not flow so plentifully as could be wish'd, and they do evidently relieve the Patient, we must give such Diaphoreticks as the Nature of the Fever requires: For Example; if the Fever be of the burning Kind, prescribe the following:

Take *Powder of Crabs Eyes*, one Dram;
Tartar vitriolated, half a Dram;
Confection of Alchermes without the Sweets,
 one Dram;
 Make a *Mass* to be divided into three *Bolus's*, of which take one every four Hours,
 I 2 drinking

drinking above it a Draught of the above-nam'd Julap. Or,

Take *Pearl prepar'd and powder'd, one Dram;*
Crabs Eyes powder'd, half a Dram;
Bezoar in Powder, ten Grains;
Spirit of Salt, twenty Drops;
Confection of Alchermes, one Dram and half.
Make a Mass, to be divided into three
Bolus's, one of which must be taken once
in four Hours, drinking a Draught of the
Julap above-nam'd.

And if the Fever be of the low kind, then are we to promote the Sweats in a more forcible Way; for as Sweats do never ensue but from a stated Degree of Motion in our Fluids, which differs according to each Man's Constitution; if therefore the Fluids move too slowly on from a Defect of Animal Spirits, there neither is, nor can be found out any Method to promote Sweats, without having Regard to this Specifick Motion: It may indeed sometimes happen, that some Mens Skins are so harden'd, as not to permit this stated Motion, and from thence Secretion to take Place; for the Softness and Flexibility of the Glands and Skin are a Condition *sine quâ non*, or a contributing Cause of these Sweats, inso-much, that if we offer to promote them under such a Constitution, they glow, and wax hotter, and are generally thrown into Ravings and fatal Convulsions: This Hardness there-fore

fore is a forbidding Circumstance ; we must change the Course into another Channel, and into an effectual Discharge, or we shall risque our Patient's Life : In the common Course of curing, it is not safe to exchange natural and critical Discharges for others, tho' also critical, because some Confusion and Disorder happen in the Change, which may be of Disadvantage to the Patient ; for Example, if a Patient sweats plentifully, and these Sweats do relieve them, but are very troublesome, and are complain'd of, it would not be safe for a Physician to carry this offending Matter off by Stool, altho' all Discharges whatever, whether natural or factitious, are now salutary, because the Remedy by which they are effected and brought about, raises an unusual Irritation of the Fibres, and for one Day at least the Patients feel the bad Effects of this Irritation, and of the subsequent Commotion rais'd : It is true, indeed, that such a succedaneous Discharge, if rightly manag'd, does often succeed well, and answers our Purpose ; but why should they, who have no Occasion to exchange, venture upon them ? but as in a Difficulty of Sweating from the above-mention'd Cause we should never come at our Purpose, rather than not discharge, we must force them, in order to letting the febrile Matter out.

Blisters are an excellent Discharge for the slow, or the low malignant Fevers ; and as Catarrhal Fevers are generally of the low Kind, although not malignant, clap on a large Blister

fter to the Neck, for it ripens the Matter that is half concocted, and brings it first to a thorough Concoction, and then discharges it: The Surgeons act, in like manner, with their ædematous Phlegmons, or any other Inflammation that comes slowly to Suppuration, they apply a Caustick to them, and bring the remaining Part, which is undigested, to Digestion immediately; the nimble Parts of the Caustick act on all the adjacent Parts, and put them into a tumultuous Motion, so that the Juices contain'd are mov'd, if not forward, at least inwards; for they fall into an intestine Motion; they swell, and burst, and fall into Matter, which is what was aim'd at: Thus fares it with blister'd Patients; their Blood is forced outwards by the great Tremblings the Blister gives to the Fibres; this helps to digest the crude Parts, promotes the Secretion of the watry ones, and Concoction ensues more surely and perfectly; and then this grand Work being thus advanced, finds an Outlet made for it at so many gaping Orifices, and these Fevers do often happily terminate by this Artifice.

Gentle Purges are generally requir'd in Catarrhal Fevers; they don't help Concoction, but carry off the offending Matter they find digested: I make a Distinction betwixt giving Physick before and after Concoction; before Concoction, the Design is to discharge the Quantity barely, in a Habit that is full, and loaden with extraneous Particles, the Vessels
being

being too much fraught with Humours, cannot perform their reſtitutive Function till they are unloaded : We have great Regard in ſuch Diſcharges not to raiſe Commotions, and therefore ſuch Phyſick ſeldom reaches further than the Glands of the Inteſtines ; it gently irritates there, carries off the abounding Contents in them, leaves the Glands clean and open, and increaſes their Secretion ; ſo that in lieu of what had reſided upon them as a Mucus for ſome time, there ſucceeds a plentiful and freſh Secretion ; moreover, in ſuch Adminiſtrations there is another Advantage reap'd, to wit, this Matter which reſided in the Bowels, in Proceſs of Time, and during the Diſeaſe, grows ſharp and irritating, and very often, towards the End of the Fever, raiſes an obſtinate Flux, which gives a great deal of Trouble to curb, and get ſafely over, which ſuch gentle Lenients cut off early, whenever they are indicated : Now whenever you find in theſe, and all other Fevers, that the Patients Bowels are ſwell'd and diſtended with Wind, that they are coſtive, and that their Stools are cover'd with any ſlimy Matter, ſuch Lenients are to be given, becauſe truly indicated. As for ſuch Phyſick which we give after any Degree of Concoction, it muſt be ſtronger than the former ; becauſe the Humours being now diſpos'd to paſs off, the Blood will admit of a ſtronger Irritation ; wherefore, as in the former Caſe, we did not venture any thing beyond Manna, Cream of Tartar, ſoluble Tar-

tar,

tar, Syrup of Roses, Tamarinds, and such like ; in the latter we may administer Sena, Rhubarb, and even Mercurius Dulcis itself. I shall, for the Sake of those little advanc'd in their Profession, or for others who are inclin'd to do good to the Poor, give Examples of both Forms, and they may chuse which they please. *Before Concoction,*

Take *Tamarinds*, one Ounce ; boil them in a Quart of Barley-water down to a Pint ; strain out the Liquor ; in this dissolve soluble Tartar, three or four Drams, Syrup of solutive Roses, one Ounce ; *Aqua Mirabilis*, one Ounce and half ; make a Potion, to be gradually drank till all is taken ; let this be taken in a Morning, keeping the Chamber warm. Or,

Take *Manna of Calabria*, one Ounce and half ; dissolve it in ten Ounces of Milk-water, strain it out ; dissolve in this Liquor, warm, six Drams of Cream of Tartar ; put to it, one Ounce of Syrup of Peach-flowers : Make a Potion to be drank air'd, and keep the Chamber warm.

But when the Humours are concocted, that is, when the Water settles quite to the Bottom, or when the Urine is turbid, give the following, or such like :

Take *Tamarinds*, six Drams ;
Sena of Alexandria, one Dram ;

Rhubarb,

Rhubarb, one Scruple.

Boil these in Water; strain the Liquor, and add Cream of Tartar, four Drams; Syrup of Roses, six Drams. Make a Potion to be taken in a Morning fasting. Or,

Take Rhubarb, twenty-five Grains; Milk-water, alexitorial, four Ounces; Cinnamon-water, six Drams; Syrup of Rhubarb, six Drams. Make a Potion to be taken in a Morning fasting. Or,

Take Tamarinds, half an Ounce; Sena, clear'd of its Stalks, one Dram; Choice Rhubarb, one Scruple; Salt of Tartar, eight Grains. Infuse these all Night in warm Whey: In the Morning express them, and strain them without boiling: To three Ounces of this Infusion, add six Drams of Manna of Calabria. Mix, and make a Potion for one Dose. Or,

Take of the Decoction of Sena of Genoa, two Ounces; Mint-water and Bawm, of each half an Ounce; Dr. Stephen's and Aqua Mirabilis, of each one Dram; Syrup of Peach-flowers, one Ounce; Cream of Tartar, two Drams; Salt of Tartar, four Grains; Mix, and make a Potion to be taken in a Morning.

Among the many Diseases that ensue from the Air's Intemperance, that of the *Choaking Catarrh* is the most surprizing, and most suddenly carries us off; for no sooner are we seiz'd, than we are in immediate Hazard of our Lives: It takes us with the utmost Difficulty of Breathing; our Faces grow black, like Persons strangled; we cannot bear so much as the Approach of our Friends; the Curtains, Doors and Windows must all be opened; we must sit upright, or we die away for Want of Breath: If there be any such Thing as being *struck*, to use *Hippocrates's* Term, this is the Case; an Apoplexy is not more sudden in its Seizure or Termination: And, indeed, it appears to be the same Case in the Lungs, as an Apoplexy is in the Head, I mean, a Stagnation of Blood, with a violent Influx of the Remainder of the Mass into the Part, so that the Lungs are distended on a sudden to such a Size, as to be incapable of circulating its Fluids, and therefore the whole Mass stagnates there, and choaks the Patient in a few Hours. The quickest Relief is Bleeding in large Quantities; I can't greatly commend Emeticks in the Case, because they move the Blood too much, and pump it more into the Lungs; whereas the Lancet, or Cupping change the Bent, and discharge the Quantity as well as allay the Hurry. Blistering also is of great Efficacy, as soon as it takes Place, because the Salts of the Flies open Obstructions, and dissolve the coagulated Blood: For this

End

End also it is convenient to give Draughts made up with volatile Remedies. For Example :

Take *Hyssop-water*, twelve Ounces ;

Cold Cinnamon-water, two Ounces ;

Pæony-water compound, one Ounce and half ;

Volatile Salt of Vipers, (or of *Hart's-horn*)
one Dram ;

Tincture of Castor, two Drams ;

Powder ad Guttetam, one Dram ;

Sugar, what suffices :

Make a Julap, of which take six Spoonfuls so often as to open the Obstruction, but not to raise a Fever.

The Reason of this last Caution will appear manifest to any one, who will give himself leave to reflect, that it is possible to be too hasty ; for if we rais'd a Hurry and Commotion in the Blood, by that it would run too fast into the Lungs, and as there is a Stagnation, they would be crowded with the Quantity, and we wou'd oppress the Patient, and overwhelm him ; whereas, when these Volatiles are given with a Design to attenuate only, and to dissolve the Coagulations, that ought to be done gradually, without introducing any new Inconvenience ; wherefore Bleeding, Attenuation, and Dilution are all we can do.

Thus have I said, on these popular Diseases, what has occur'd to me ; if it prove of general Use, I have all I aim at. Doing Good rewards itself.

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